



DECEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125		1 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE UMD-Easton -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE	2 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	3 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	4 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-5555 -FREE	5
6	7	8 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	9 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	10 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE Union Hospital – Elkton -6-9:30pm – Breastfeeding basics -(443)245-7305 -\$20 YMCA – Easton 9:30-11am – Breastfeeding Support Group -FREE	11	12
13	14	15 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	16 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	17 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE	18	19
20	21	22 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	23	24	25	26

27	28	29 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	30	31	Services:- Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510
----	----	---	----	----	--





JANUARY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.’s (443)262-4423 Kent (410) 810-0125		Services:- Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510			1	2
3	4	5 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE UMD-Easton -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE	6 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	7 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE YMCA – Easton 9:30-11am – Breastfeeding Support Group -FREE	8	9
10	11	12 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	13	14 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE	15	16
17	18	19 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	20 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	21	22	23

24/31	25	26 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	27 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	28 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE	29	30
-------	----	--	---	--	----	----

<div>  <h1>FEBRUARY 2016</h1>  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE UMD-Easton -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE	3	4 Union Hospital – Elkton -6:30-9pm – Breastfeeding basics -(443)245-7305 -\$20 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	5 Anne Arundel Medical Center -7pm – Back to work Breastfeeding Support Group -(443)481-5555 -FREE	6
7	8	9 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	10 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	11 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE YMCA – Easton 9:30-11am – Breastfeeding Support Group -FREE	12	13
14	15	16 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	17 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	18	19	20
21	22	23 Union Hospital – Elkton -10-11:30am – Breastfeeding	24 Anne Arundel Medical Center	25 Anne Arundel Medical Center	26	27

		Mom's Cafe -(443)245-7305 -FREE	-7pm – Breastfeeding basics -(443)481-5555 -\$40	-9am – Breastfeeding support group -(443)481-6985 -FREE		
28	29	<u>To Contact a Breastfeeding Peer Counselor near you:</u> Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125		<u>Services:- Peer Counselor program</u> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510		